

**CLAIM AMENDMENTS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) A method of stimulating a muscle, comprising applying a stimulating signal to a user in contact with a moveable instrument that includes an electrode configured to apply the signal, wherein the signal is applied while the user moves the instrument, and the moveable instrument is selected from a group consisting of: a golf club, a tennis racquet, a racquetball racquet, a hockey stick and a lacrosse stick.

2. (Cancelled).

3. (Cancelled).

4. (Cancelled).

5. (Cancelled).

6. (Cancelled).

7. (Original) The method of claim 1, wherein applying the signal further includes applying a signal comprising a resonant sequence that includes at least three pulses, and wherein the pulses of the resonant sequence are spaced relative to one another such that each pulse subsequent to a first pulse in the sequence is effective to progressively stimulate and create tension in a musculature that includes the muscle inwardly from the electrodes and towards the center of the musculature while maintaining the tension created in at least a portion of the musculature by each preceding pulse in the resonant sequence.

8. (Currently Amended) An apparatus for stimulating a muscle, comprising:  
a moveable instrument; and  
a stimulator in communication with the moveable instrument comprising a golf club  
configured to produce a signal for transcutaneous delivery to the muscle, wherein the signal is delivered as a user moves the moveable instrument.
9. (Currently Amended) The apparatus of claim 8, wherein the golf club ~~moveable instrument~~ includes an electrode configured to deliver the signal from the stimulator.
10. (Currently Amended) The apparatus of claim 9 ~~[[8]]~~, wherein the electrode comprises a grip of the golf club ~~instrument~~.
11. (Cancelled).
12. (Cancelled).
13. (Currently Amended) The apparatus of claim 8, wherein the golf club ~~instrument~~ includes a grip comprising an electrode.
14. (Currently Amended) The apparatus of claim 8, wherein the delivery ~~application~~ of the signal is affected by input from an input device selected from a group that consists of: a button, a switch, a motion sensor, a voice sensor and a dial.
15. (New) An apparatus for stimulating a muscle, comprising:  
a moveable instrument; and  
a stimulator in communication with the moveable instrument configured to produce a signal for transcutaneous delivery to the muscle, wherein the signal is delivered as a user moves the moveable instrument and the moveable instrument is selected from a group consisting of: a golf club, a tennis racquet, a racquetball racquet, a hockey stick and a lacrosse stick.
16. (New) The apparatus of claim 15, wherein the moveable instrument includes an electrode configured to deliver the signal from the stimulator.

17. (New) The apparatus of claim 16, wherein the electrode comprises a grip of the moveable instrument.

18. (New). The apparatus of claim 15, wherein the delivery of the signal is affected by input from an input device selected from a group that consists of: a button, a switch, a motion sensor, a voice sensor and a dial.

19. (New) The apparatus of claim 15, wherein the signal comprises a resonant sequence that includes at least three pulses, and wherein the pulses of the resonant sequence are spaced relative to one another such that each pulse subsequent to a first pulse in the sequence is effective to progressively stimulate and create tension in a musculature that includes the muscle inwardly from the electrodes and towards the center of the musculature while maintaining the tension created in at least a portion of the musculature by each preceding pulse in the resonant sequence.

20. (New) The method of claim 1, further comprising manufacturing the moveable instrument to include an electrode configured to deliver the signal from the stimulator.

21. (New) The method of claim 20, further comprising manufacturing a grip of the moveable instrument to include the electrode.

22. (New) The method of claim 1, further comprising modifying the delivery of the signal using an input from an input device selected from a group that consists of: a button, a switch, a motion sensor, a voice sensor and a dial.

23. (New) The apparatus of claim 8, wherein the signal includes a resonant sequence that includes at least three pulses, and wherein the pulses of the resonant sequence are spaced relative to one another such that each pulse subsequent to a first pulse in the sequence is effective to progressively stimulate and create tension in a musculature that includes the muscle inwardly from the electrodes and towards the center of the musculature while maintaining the tension created in at least a portion of the musculature by each preceding pulse in the resonant sequence.